



耆萃匯系列 - 種出有機與健康分享會

Network of Ageing Well for All (NAWA):
"Planting organic and health" sharing session

食材是人體吸收營養的其中一個主要來源，但有沒有想過大家所進食食材的生產方法及來源對健康同樣有影響？「耆萃匯」邀請到其中一位有資深種植經驗的會員分享有關有機食品對環境、人體的影響，同時介紹有機種植的原理、技巧與方法等。

Food ingredients are one of the main sources of nutrients absorbed by the body, but have you ever thought about the influence of planting methods and sources of food ingredients that people ate on our health? "Network of Aging Well for All (NAWA)" has invited one of our members with over 10 years' experience on organic planting to share with us the importance of organic planting to the environment and body health, as well as organic farming skills and methods.

講者：張淑儀
Speaker: Ms Agnes Cheung

張淑儀女士為「耆萃匯」會員。張女士熱衷大自然與種植的工作，並獲不同的相關資格，包括：園藝治療證書、樹藝證書及永續栽培（國際認可）設計證書等。張女士擁有超過十年的園景管理的工作經驗，現時於社區不同的團體或中心擔任園藝花藝導師及園藝治療導師。除從事與大自然相關的工作外，張女士亦積極參與有關自然及種植的義務工作，曾擔任嘉道理農場植物部義務導賞員、維園主題花展義務導賞員、義務設計大埔鳳園中草藥園及永續樂園果樹組義務顧問等。

Ms Cheung is a members of NAWA, She is passionate to natural environment and horticulture work and has obtained various related qualifications such as Certificate of Horticultural Therapy, Certificate of Arboriculture and Certificate of Permaculture Design. Ms. Cheung has over 10 years' working experience on landscaping management. She is currently a horticultural therapist in various community organizations and centers. Apart from cultivation-related work, Ms. Cheung has actively participated in cultivation and natural-related voluntary work. She had been a volunteer guide at Kadoorie Farm and Hong Kong flower show, volunteer designer of Tai Po Fung Yuen Chinese Herbal Medicine Park and volunteer consultant of the Catholic Sustainable Garden of Joy.

內容：

- 何謂半有機、全有機及非有機的產物
What is organic and semi-organic products
- 介紹有機種植對環境及人體的重要性
Introduce the importance of organic planting to the environment and the human body
- 如何在家裡種植有機產物，如蔬果、香草等
How to plant organic products such as vegetables and herbs at home

日期：2018年4月27日 (星期五)

Date: 27th April, 2018 (Friday)

時間：上午10時至12時

Time: 10:00am to 12:00 noon

地點：香港中文大學

Venue: The Chinese University of Hong Kong

費用：全免

Fee: Free of charge

語言：廣東話

Language: Cantonese

報名方法：請登入以下網址登記

Registration: Please register at this webpage

<http://goo.gl/tQn4AH>



截止報名日期：2018年4月13日 (星期五)

Enrollment deadline: 13th April, 2018 (Friday)

查詢：致電(Tel) 3943 9399

Enquiry: 電郵 (Email) chowjoanne@cuhk.edu.hk

備註：講者擁有豐富的戶外有機種植經驗，有興趣的參加者可於分享會後與講者討論共同自組其他體驗性活動，如組隊前往農親身體驗及實踐有機耕作。The speaker has ample experience in outdoor organic farming. Interested participants can organize activities on organic farming at the farm with the speaker after the sharing session.